

## NSLP Afterschool Snacks and Summer Food Service Program (SFSP) Supplements

(\*MUST USE PORTION SIZES IN LAST COLUMN FOR ALL SFSP SUPPLEMENTS.)

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK			
FOOD COMPONENTS AND FOOD ITEMS <sup>1</sup>	CHILDREN AGES 1 and 2	CHILDREN AGES 3-5	*CHILDREN AGES 6-12 <sup>1</sup>
<b>Milk</b> Fluid milk	4 fl. oz (1/2 cup)	4 fl. oz (1/2 cup)  Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)	8 fl. oz (1 cup)  Must be fat-free (unflavored/flavored) or 1% low-fat (unflavored)
<b>Vegetable or Fruit</b> Juice <sup>2, 9</sup> , fruit, and/or vegetable	1/2 cup	1/2 cup	3/4 cup
<b>Grains/Breads</b> <sup>3, 4</sup> Bread <i>or</i> Cornbread or biscuit or roll or muffin <i>or</i> Cold dry cereal <sup>4</sup> <i>or</i> Cooked cereal grains <i>or</i> Cooked pasta or noodles	1/2 slice 1/2 serving 1/4 cup or 1/3 oz <sup>4</sup> 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup or 1/2 oz <sup>4</sup> 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup or 1 oz <sup>4</sup> 1/2 cup 1/2 cup
<b>Meat/Meat Alternate</b> <sup>5, 6, 7</sup> Lean meat or poultry or fish <sup>5</sup> <i>or</i> Alternate protein products <sup>6</sup> <i>or</i> Cheese <i>or</i> Egg (large) <i>or</i> Cooked dry beans or peas <i>or</i> Peanut or other nut or seed butters <i>or</i> Nuts and/or seeds <sup>7</sup> <i>or</i> Yogurt <sup>8</sup>	1/2 oz 1/2 oz 1/2 oz 1/2 large egg 1/8 cup 1 Tbsp. 1/2 oz <sup>7</sup> 2 oz or 1/4 cup	1/2 oz 1/2 oz 1/2 oz 1/2 large egg 1/8 cup 1 Tbsp. 1/2 oz <sup>7</sup> 2 oz or 1/4 cup	1 oz 1 oz 1 oz 1/2 large egg 1/4 cup 2 Tbsp. 1 oz 4 oz or 1/2 cup

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Full-strength vegetable and/or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice.

<sup>3</sup> Grains/Breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched or fortified.

<sup>4</sup> Either volume (cup) or weight (oz), whichever is less.

<sup>5</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>6</sup> Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

<sup>7</sup> Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

<sup>8</sup> Yogurt may be plain or flavored, unsweetened or sweetened – commercially prepared.

<sup>9</sup> Juice may not be served when milk is the only other component.